

## THURMONT COMMUNITY PARK FITNESS TRAIL

Thurmont Community Park is one of Frederick County's best kept secrets. This park is tucked between 15 N and Frederick Road. It is located just past the Cozy Restaurant.

The park has picnic tables, grills, slides, swings, merry-go rounds, jungle gyms, basketball courts, tennis courts, picnic pavilions, horse shoe pits, and public restrooms.

The Fitness Trail starts at the tennis court. The trail itself is a fine gravel which makes walking the trail very easy. Along the trail are ten fitness stations that provide an area to do other exercises such as calf stretches, hamstring and quadriceps stretches, side stretches, sit ups and leg lifts using a bar, balance walk, and pull ups. The trail itself is approximately one-half mile long. By using the parking lot and driveway, this trail becomes a circle and can be walked several times to get longer distances. Its only downfall is the park is close to 15 N and can be noisy.

